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PhD Dissertation Defense

Entitled

*IMPACT OF RECURRENT MISCARRIAGE ON FUTURE MATERNAL BEHAVIORS AND PREGNANCY
OUTCOMES IN THE UNITED ARAB EMIRATES: THE MUTABA'AH STUDY*

by

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Date & Venue

14:00

Thursday, 16.04.2020

CMHS

Abstract

Previous research has shown that recurrent miscarriage is associated with unsuccessful outcomes in future pregnancies. There is limited research on its impact on obstetric outcomes and behaviors during subsequent pregnancies, especially in the region. This dissertation aims to identify the behaviors of women during their index pregnancies and outcomes during delivery with regards to a history of recurrent miscarriage as well as the chronology of the recurrent miscarriage. This dissertation is an interim analysis of a prospective cohort study on 10,000 pregnant women who joined the Mutaba'ah Study cohort between May 2017 and April 2019. Participants were recruited during antenatal care visits and completed a self-administered questionnaire that collected socio-demographic and pregnancy-related information. Data on past pregnancy history, progress of the current pregnancy, and outcomes of the mother and child in the index pregnancy were extracted from hospital medical records. Regression models assessed the relationship between a history of recurrent miscarriage and maternal outcomes and behaviors during their index pregnancy. Overall, 234 (13.5%) women had a history of two or more consecutive miscarriages out of 1,737 women who had a previous gravidity of two or more. Recurrent miscarriage was independently associated with an increased likelihood of cesarean section, preterm, and very preterm births in future pregnancies. Women with history of recurrent miscarriage were more likely to be on time for their antenatal care initiation and consume folate daily prior to their future pregnancy. Recurrent loss occurring immediately before the index pregnancy was more associated with participants having planned pregnancies and consuming folate daily before pregnancy. This is the first work in the United Arab Emirates to investigate recurrent miscarriage and its impact. It will pave the way for focused management of future pregnancies to reduce the impact of adverse outcomes such as cesarean section and preterm deliveries as well as improve behaviors of women with a history of loss. Recurrent loss in the population is relatively high in this population of pregnant women in the Emirati population and requires public health attention.

Keywords: Cohort studies, recurrent miscarriage, miscarriage, cesarean section, preterm birth, pregnancy.